

Effect of Yogic Practices on Adjustment Level of Blind Student

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Abstract:

The present study was designed to assess the effect of yogic practices on adjustment level in special reference to blind students entitled 'Effect of Yogic Practices on Adjustment level of Blind student.' Pre-test post-test single group design was used. Samples were collected through Purposive sampling. The sample consists of 30 subjects in the range of 14 to 17 years and selected from Blind school Raipur (Chhattisgarh). Practice time for Yoga intervention was 50 minute and the duration was 90 days. Adjustment level was measured by 'Adjustment inventory for school student'. The obtained values of t-test for Adjustment are significant at 0.01 level of confidence. The result of this study shows that yogic practices are significantly effective to improve the level of Adjustment of blind student.

Keywords: Yogic practices, Adjustment and Blind.

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Introduction:

Adjustment plays a very important role in a human's life. A person is social human being, who lives in the society and faces every conditions and situations of their life in the environment (good or bad) of his society. In a human's life adjustment plays a very impressive and important role. If a person can adjust very well, so his life is also very well and he adjusts in every situation (good or bad) in his life, so his adjustment level is good and he feels like happy, joy and calm, but if a person is not doing adjust in our daily life's situations so he can feel stress, irritating and sad, all these are types of emotions. So now we can say that if person is not doing adjust with their daily life situations so these situations affect also their emotions, mind and life.

Adjustment is a behavioral process by which a person maintains balance among various needs that one encounters at a given point of time. Each and every situation of life demands that the person concerned should be able to effectively perform in accordance with some guiding principles and should be able to strike a balance among various forces (Norman, T. 2000).

Adjustment is defined as a process where in one builds variations in the behaviour to achieve harmony with oneself, others or the environment with an aim to maintain the state, aim to maintain the state of equilibrium between the individual and the environment.

Adjustment is one of the most important psychological activities of human being. Life is a process of adjustment. If anyone wants satisfaction in life, then one has to adjust with their environment (Lehner, J. F. & Cube, Illa. 1967).

School life is an exciting time of life one filled with many profound transitions in preparation of an exciting and fulfilling future. They have to adjust their own changes in personality on one side and the changing socioeconomic environment on the other side. In recent years there has been growing interest in adolescents' transition to school and the development of socio-emotional challenges that accompany the transition.

Lazarus (2001), defined that the "Adjustment as a ways of managing and consists of coping with various demands and process of life."

"Adjustment may be defined as a process of altering behaviour to reach a harmonious relationship with the environment."

Areas of adjustment:

1. **Social Adjustment:** Social adjustment is the, most difficult developmental tasks of students' life. This adjustment has to be done with members of the opposite sex in a relationship that never existed before and to adults outside the family and school environments.
2. **Emotional Adjustment:** Emotional adjustment also called Neuroticism emotional equilibrium. Emotional adjustment is less conceptually controversial

dimension (Costas Mc Care, 1992; Digman, 1990; Wiggins & Trapnell, 1997).

3. **Educational Adjustment:** The ability of student to achieve adjustment with university life and reaching a state of satisfaction on his performance, colleges, teachers and the environment as a whole.

Every individual has an individual profile of characteristics, abilities and challenges that may be inherited and/or consequence of learning and development. Each person contributes his or her unique part to the world on the basis of his or her own potentials and capabilities. No two human beings, even identical twins on this planet respond in the same way to the same stimulus. This uniqueness makes individuals different from one another. The differences among individuals may be with respect to their cognitive, behavioural, physical, psychological, sensory and many more areas of characteristics. Sometimes these differences are to such an extent that people may deviate from the status considered as normal.

However being different is not always negative but sometimes individuals are different from other individuals of the same life age due to functional losses in one or more areas in different proportions; this may lead them to impairment which may result into disability. A disability may be from birth or occur during a person's lifetime due to manmade calamities or natural calamities. The existence of disabled members is not uncommon in any society or community but most of the time disabled are excluded physically, socially, academically and in

many other areas. They live in the society but their needs are not addressed properly. Their disability is perceived as a deficit, and often they are segregated from their non-disabled family, peers and community. Continued segregation may foster stereotypes, ignorance, stigma, fear and prejudices in disabled, which may limit their participation in community as well as society and action as a whole. To overcome this hazardous situation, the significant persons related to a disabled individual are required to understand the ecology of a disabled child i.e. nature and nurture. While a child's behaviour is determined by his or her genetic makeup on one hand, nurture certainly plays a major role in determining how the child will respond to the condition itself. So to realize the complexity of the interactions of nature and nurture is the need of the hour which will surely affect the performance of disabled children in different life spheres.

Disability is an umbrella term that includes various categories of people with different characteristics. It is a functional consequence of an impairment or change in the body or human functioning. In disability the individual's actual ability is compared to normal functioning. Disabled are the people who are unable to perform certain activities like majority of the population does them without others' help or any kind of assistance. Disability means an existing

Protocol of the selected Yoga practice program:

s.n.	Yogic Practices	Duration
1	Pragya Yoga Vyayama	15 minutes/day
2	Nadishodhan Pranayama	10 minutes/day
3	Om chanting	10 minutes/day
4	NadyogaSadhana	15 minutes/day
	Total-	50 minute/day

difficulty in performing one or more activities which in accordance with the subject's age, sex and normative social role are generally accepted as essential basic components of daily living (RCI, 2000).

Objectives:

In this study we want to examine the effect of Yogic Practices on Adjustment level of Blind student.

Method:

Sample:

The total samples of 30 students were selected from Blind schoolRaipur (Chhattisgarh).

Criteria of sample selection:

Only Blind male students were included in the samples who were studying in Blind school of 14-17 years.

Design:

Pre-test post-test single group design was used in the present study. In this design, one group are used.

Tools used for the study-

To assess the Adjustment "Adjustment inventory for school student" [AISS] by Dr. A.K.P. Singh & Dr. R. P. Singh (1993) was used.

Procedure-

Initially permission was taken from the concerned head of Blind school. Then tools (Adjustment inventory for school student) were administered on all 30 students (age range 14 to 17). The students were requested to answer truly. Instructions regarding the test were given properly and they were assured that the information given by them will be kept confidently. Test administration and scoring was done according to the instructions given in the test manual. After

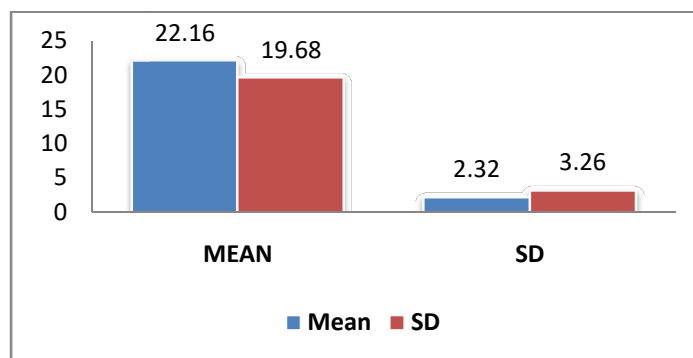
the completion, the questionnaire was taken back from them and subjected to scoring and statistical analysis.

After the pre-test taken, researcher conducted Yogic Practices session for 50 minutes every evening for 90 days.

After the Yogic practices session, Post-test was administered on the group again. This post-test was parallel to the pre-test. Adjustment level was measured again.

Experimental	Mean	SD	r	SEd	t-value
Pre	22.16	2.32	.50	.51	4.86**
Post	19.68	3.26			df = 29

**P<.01



Result-

The obtain data was analyse in terms of mean, SD and t-test and is presented in the tables as above- It can be observed from table that mean score form Adjustment level in pre measure is 22.16 and in post measure 19.68 Thus it shows the enhancement in Adjustment level scores. Further t-test was applied to study the significance of difference between pre-test and post-test measures. Result reveals that calculated t in

respected to adjustment level was found to be 4.86 which is significant at 0.01 level. This indicates that there is a significant positive effect of yogic practices on Adjustment level of Blind students. However, the mean of the post measure is higher than the pre measure.

Result revealed that yogic practices help an individual to cope with the negative life situations. So, subjects who practiced Yoga

daily their psychological Adjustment level is enhanced.

Discussion-

Result reveals that there was significant difference in the pre-test and post-test scores of Adjustment variables of Blind students as the calculated value of 't' is higher (4.86) than its tabulated value (2.462). Therefore, practice of yoga by blind students may have them from coming out of being restless, hostile and aggressive. Yoga may also instil in them ability to live independent life and being active in social activities. Hence, on the basis of the result the yoga will significantly improve the adjustment level of blind student.

Result are consistent with the previous research finding that the greater use of Yoga, Pranayamas & Meditation increases the relaxation, well-being which is directly associated with the adjustment. Lavretsky et al., (2012) examined the effect of meditation on mental health and psychological well-being. Finding revealed that meditation practice significantly affects the mental health and psychological well-being.

Davidson & McEwen (2012) found that Psychological characteristics can be enhanced through meditation training. Meditational and yoga practices give a more positive outlook and a belief for the future. When people suffer ill health practices like meditation and pranayamas etc. helps them because their beliefs bring comfort them and help them to more optimistic. They are more likely to achieve health goals, and believe that they will get better. These type of

believe helps in enhancing their adjustment level Sumar, S. (1998).

Yoga for children is a relaxation technique that has been found to reduce stress and tension, dissipate excess energy, relieve tiredness, lengthen attention span, improve physical health, sharpen concentration, enhance mental clarity, and cultivate better interpersonal relationships (Seiler & Renshaw, 1978; Telles, Narendran, Raghuraj & Nagarathna 1997; Peck, Kehle, Bray & Theodore, 2005). Yoga is a complete science, which makes the body healthy and provides mental peace leading to spirituality. It is very useful for the disabled as they can get relief from physical ailments (Ijbarathi, 2012). Telles and Naveen (1997) proved that the use of yoga for rehabilitation has diverse applications. Yoga practice benefited handicapped subjects by improving their mental ability as well as the motor co-ordination, social skills and adjustment. Through regular practice of Yoga and meditation negativity is undone, speed and aggression are pacified, frustration, tension and turbulent emotions are defused and the unkindness, violence and harm are removed & help in enhancing adjustment level.

Conclusion-

After showing the result we may conclude that Yoga practices play a significant role in level increasing Adjustment level of Blind student. After practice they show significant changes in Adjustment level. On the basis of conclusion thus we can say that Adjustment of the student who build future of their life, so it is necessary of them.

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